

VIBRATION DAMPENING DEVICE AND METHOD

Abstract

A vibration dampening device is a patch with one or more step members that have distal ends extending from the patch. The patch is removably engaged or adhered to a wearer's skin. With the patch engaged, the distal ends of the step members have freedom of movement with respect to the patch. The patch optionally may further include one or more wing sections integrally formed therein that also have freedom of movement with respect to the portion of the patch engaged or adhered to skin. Step member and/or wing section movement counteracts longitudinal and/or radial vibrations traveling through soft tissue and musculature to dampen such vibrations.